

2025



Clinical Post  
COVID Society

# POST ACUTE INFECTION CONDITIONS (PAIC) ANNUAL CONFERENCE PROGRAMME



SPONSORED BY



26 MARCH

MILLENNIUM POINT,  
BIRMINGHAM, UK

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## **Safety Note**

Please also note that we will provide HEPA filters and ventilate the room as much as possible. We will also provide FFP2 masks. Those who have illness symptoms are requested to wear a FFP2 mask inside the conference room at all times.

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# AGENDA



09:00



**REGISTRATION & TEA/COFFEE**

09:30

## **SESSION 1**

### **LONG COVID AND OTHER POST INFECTION ILLNESS IN 2025: THE UNRECOGNISED PANDEMIC IN ADULTS, CHILDREN AND YOUNG PEOPLE**

Dr Melissa Heightman (*Consultant Respiratory Medicine, UCLH*)

**(Chair: Prof Manoj Sivan)**

09:45

## **SESSION 2**

### **THE STORY SO FAR: RESEARCH UPDATE ON MECHANISMS AND TREATMENTS IN LONG COVID**

Dr Emma Wall (*Consultant Infectious Diseases, UCLH*)

**(Chairs: Dr Harsha Master and Sammie McFarland)**

10:15

### **Best Oral Papers Presentation (5 min each – 3 min presentation + 2 min Q&A):**

- **Belinda Godfrey:** Effect of a personalised Pacing and ACtive rest rehabilitation programme on post-exertional symptom Exacerbation and health status in Long COVID (PACELOC). A prospective cohort study
- **Caroline Gibson:** Effectiveness of an integrated multi-disciplinary Lifestyle Medicine approach for the care of patients with post-COVID
- **Fiona Leggat:** An evaluation of a personalised self-management support intervention for people living with Long Covid: The LISTEN trial and Shaun Harris, Cost-Effectiveness of a Personalised Self-management Intervention for People Living with Long Covid: the LISTEN randomised controlled trial
- **Muhammad Mamoon Iqbal:** A phase IIA double blind, randomized placebo-controlled trial of Anti-IL6 Tocilizumab to investigate the effect on health-related quality of life in adults with Long COVID and persistent inflammation: progress to date
- **Julia Barr:** The fluctuations in dysautonomia profiles captured in subjective and objective tests
- **Harriet Campbell (Presented by Jo Bond-Kendall):** Clinician perspectives on the similarities and differences between Long COVID and ME/CFS in Children and Young People - A Health Surveillance Project

10:45



**TEA/COFFEE BREAK**

# AGENDA



11:00

## SESSION 3 GETTING PHYSICAL ACTIVITY AND PACING JUST RIGHT

**Physiology of Post Exertional Malaise in Long Covid:**  
Dr Rob Wust (*Muscle Physiologist, [Vrije Universiteit Amsterdam](#)*) &  
Lauren Thompson

**Data driven insights into improving outcomes through physical activity and  
pacing:**  
Mr Tommy Parker (*KiActiv*)

**(Chairs: Rebecca Livingston and Jo Bond-Kendall)**

11:50

## SESSION 4 APPROACHES FOR LIVING WELL WITH THE PSYCHOLOGICAL IMPACTS OF LONG COVID

**Working with Children and Young People and their families:**  
Anna Gregorowski (*Consultant Nurse*) &  
Dr Abi Davison-Jenkins (*Clinical Psychologist*)

**The Compassionate Response to Long Covid:**  
Dr Jayne Woodcock (*Clinical Psychologist*)

**(Chairs: Dr Jayne Woodcock and Jo House)**

12:35



**LUNCH AND POSTERS**

13:30

## SESSION 5 SUPPORTING PEOPLE WITH WORK AND EDUCATION

**Lived experience insights (Video):**  
Sarah Barley-McMullin (*CPCS LEAG*)

**Vocational Rehabilitation - Demonstrating the learning and success of group  
work from BDC Long Covid Pathway:**  
Jeremy Gee & Faye Peary (*Bradford Districts and Craven Long Covid Pathway  
Leeds Post Covid Service*)

**System wide approach to support CYP in Education:**  
Carol Quint (*Clinical Lead Physiotherapist*)

**(Chair: Alison Wilcox)**

# AGENDA



14:00

## SESSION 6

### DYSAUTONOMIA: THE GOLDEN THREAD TO LONG COVID SYMPTOMS?

#### **Viral pandemics and dysautonomia:**

Prof Chris Matthias (*Emeritus Professor, London Autonomic Unit, UCLH*)

#### **Investigations and outcomes in UCL:**

Dr Rob Bell (*Consultant Cardiologist, UCLH*)

#### **NASA Lean Test in LC:**

Cassie Lee (*Specialist Physiotherapist, Imperial Hospital London*)

**(Chair: Prof Manoj Sivan)**

14:50



**TEA/COFFEE BREAK**

15:05

## SESSION 7

### WHEN CAN CHANGING THE WAY YOU EAT HELP AND WHEN CAN IT HINDER

#### **Nutrition and the evidence in Long Covid:**

Dr Emily Walters (*Research Fellow, Nutrition and COVID-19 Recovery Hub, University Of Plymouth*)

#### **Case study and shared learning/experience working in the Adult Long Covid population:**

Rebecca-Jane Mitchell (*Post Covid Dietitian and Covid 19 Rehab Pathway Coordinator, South Warwickshire NHS Foundation Trust*)

#### **Case study and shared learning/ experience working in the CYP Long Covid population:**

Julia Hopkins (*Principal Paediatric Dietitian Long Covid and Rare Diseases Clinics & Joint Consultant AHP Lead for London Region CYP Long COVID*)

**(Chair: Rachel Tarrant)**

# AGENDA



15:50

## SESSION 8 POST ACUTE INFECTIOUS PRESENTATIONS: LOOKING TO THE FUTURE

**Long Covid National Service Report:**  
Dr Margaret O'Hara (*Trustee, Long Covid Support*)

**Planning for the future of digitally integrated services:**  
Román Rocha Lawrence (*Director of Research and Development, Elaros*)

**CYP Service Integration Models:**  
Dr Carrie Mackenzie

**(Chair: Dr Anirban Gupta)**

16:30

## CLOSING REMARKS

Dr Melissa Heightman (*Consultant Respiratory Medicine, UCLH*)

16:45



**CLOSE**

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# VENUE INFO



## Millennium Point, Birmingham

**Curzon St,  
Birmingham,  
B4 7AP**



### DIRECTIONS

The nearest motorways are the M6, M5 and M42.  
If using a sat-nav please use the following postcode – B4 7AP.



### PARKING

There is a multi-storey car park owned and managed by Birmingham City Council situated adjacent to Millennium Point. The multi-storey car park has a height restriction of 2.1m (6'10"). Click [here](#) to find out how to contact the Council regarding any out of hours enquiries. The car park can be accessed via Curzon Street and Millennium Point is clearly signposted from all main routes into the city – simply follow the signs from the A4540 Ring Road.

Please note – When using Google Maps, please use Millennium Point Multi-Storey Car Park Postcode: B4 7AP



### DISABLED ACCESS

Millennium Point has several entrance points, all of which have wheelchair access.

# ADDITIONAL INFORMATION

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## PHOTOGRAPHY

Please be aware that there may be a photographer present at the conference. Any photographs taken during the course will be used on our website, social media and in our newsletter and future CPCS educational material.



## SOCIAL MEDIA

We welcome your social media posts from the conference. Please follow us on our social media platforms, tag us and use the hashtag #CPCS



## BECOME A CPCS MEMBER

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## FEEDBACK & CERTIFICATE

On completion of the conference, we will send you a feedback form to fill out. Once we have received your completed feedback form, we will send your conference attendance certificate by email. Your feedback is important to us and we are very interested to hear your thoughts on the conference.



## THANK YOU

CPCS thanks everybody involved in the organisation of the conference, and the faculty and speakers for all their hard work and dedication to the Society. We are grateful to all course volunteers and our wonderful conference sponsors and would like to thank them all for their time and support.



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